

Coaching Contract

Date: _____

Name:

Session Info: First call to be _____ at ____:____ AM/PM (PST) 2 x 45 min sessions per month for 3 months initial contract. Session duration will be 45 to 60 minutes.

Fees: Rate of \$350.00per month, payable monthly in advance. Please make checks payable to: Triskele Enterprises 2144 N. Maple St. Burbank, CA 91505. You may pay by credit card through Pay pal for an additional 3.2% fee (\$361.20).

Procedure: Please call me at the pre-arranged time for our scheduled sessions using 818-558-5808. You may also email me anytime and can expect a response within 24 hours except at weekends, bank holidays or any other previously agreed times. If you need to reach me urgently try my cell phone 323-578-6330.

Changes: If you need to reschedule your meeting, please give me at least 24 hours notice. Missed calls or calls cancelled with less than 24 hours notice may be charged for. I do understand that emergencies may occur and I will try to work around that where I can, to avoid charging. There may be a time that I am forced to reschedule as well, but I will let you know at least 24 hours in advance, usually longer.

Extra Time: You may call or email me between our meetings if you want to get in touch for support or to share something great. I do have time between regular meetings to speak with you. This extra time is all included in your monthly retaining fee. However, if the extra time starts to become significantly regular we may discuss a new arrangement between us.

Challenges: If I ever say or do something that upsets you or doesn't feel right, please bring it up. We will work on all things like this as a team. I value our partnership and expect you to tell me if I overstep.

Termination: We have identified a specified period of time of working together. You may cancel at any time by phone, email or letter. I may also terminate this agreement at any time if I feel that the continuation of my coaching is inappropriate.

Confidentiality: I, as your coach, recognise that you may have the following: Future plans, business affairs, customer lists, financial information, job information, goals, personal information and other proprietary information. I will not, at any time, either directly or indirectly, use any information for my own benefit, disclose or communicate in any manner any information to any third party.

Nature of Relationship: You are aware that the Coaching Relationship is in no way to be construed as psychological counselling or any type of therapy. In the event you feel the need for professional counselling or therapy, it is your responsibility to seek a licensed professional. Coaching results are not guaranteed. You are entering into coaching with the understanding that you are responsible for creating your own results.

Client had read and agrees to the above:
Client: (_____)

Coach: (Meredith O'Brien)

Date: _____

Date: _____